

Invest  
in yourself.

**ThriveOn**  
Your Health and Wellness Program

## Is Someone You Know at Risk for Suicide?

Life is full of rough patches when our troubles can seem overwhelming and it looks like there is not a way out. It is during these times that we rely on the people around us to get us through the darkness and to help us emerge a stronger, more resilient person.

Unfortunately, not everyone is able to see a way out, and they may decide to harm themselves. If you suspect that a friend or family member is considering suicide, taking action is usually the best choice.

Begin by asking questions and showing that you care. Try asking direct questions that are also sensitive, such as, "How are you coping with everything going on right now?" or "Do you ever feel like just giving up?" The worst thing you can do is nothing at all. Encouraging a troubled individual to talk about how he or she is feeling may reduce the risk of him or her acting on those feelings. To read more, [click here](#).

## Talk Saves Lives.

Educate your loved ones about suicide.



## Suicide Prevention Helpguide

If you're feeling suicidal, you may be afraid that you'll be judged or labeled "crazy" if you open up, or that no one could possibly understand. Concerned friends and family members may hesitate to speak up for fear that they're wrong or might say the wrong thing. However, talking openly about suicidal thoughts and feelings can save a life. To read more, [click here](#).



## Understanding Depression

### Learning the facts about depression

Depression is a real medical condition or illness, just like diabetes or arthritis. Everyone has times when they're feeling down, sad or blue, but depression is more than just the blues. If you have depression, your sad mood along with other symptoms can last for weeks, months, or even years if not treated.

The most important thing to remember about depression is that it can be treated with the help of a health professional. Depression can affect anyone. More people suffer from depression than you might think. Depression strikes people of all ages, backgrounds, and ethnic groups. But some people are more at risk than others. Women, for example, are twice as likely as men to be affected by major depression. And although depression can occur at any age, many people have their first episode between the ages of 25 and 44.

The exact cause of depression isn't clear, but it's not something you bring on yourself. No one is sure why some people get depressed and others don't. To learn more, **click here**.

## Having suicidal thoughts?

**You aren't alone.**



Visit your primary care provider, mental health professional, walk-in clinic, ER or Urgent Care Center



National Suicide Prevention Lifeline  
1-800-273-TALK (8255)



Find a mental health provider by clicking **here** or at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) and [mentalhealthamerica.net/finding-help](http://mentalhealthamerica.net/finding-help)



Text TALK to 741741  
Text with a trained crisis counselor from the Crisis Text Line for free, 24/7

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**We must do more to prevent such tragic deaths through greater awareness of mental health, common risks and warning signs, and effective interventions and treatments.**

- American Foundation for Suicide Prevention

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